

# Health for Sick Women

For Forty Years Lydia E. Pinkham's Vegetable Compound Has Been Woman's Most Reliable Medicine—Here is More Proof.

To women who are suffering from some form of woman's special ills, and have a constant fear of breaking down, the three following letters ought to bring hope:—



North Crandon, Wis.—"When I was 16 years old I got married and at 18 years I gave birth to twins and it left me with very poor health. I could not walk across the floor without having to sit down to rest and it was hard for me to keep about and do my work. I went to a doctor and he told me I had a displacement and ulcers, and would have to have an operation. This frightened me so much that I did not know what to do. Having heard of Lydia E. Pinkham's Vegetable Compound I thought I would give it a trial and it made me as well as ever. I cannot say enough in favor of the Pinkham remedies."—Mrs. M. M. ASBACH, North Crandon, Wis.

### Testimony from Oklahoma.

Lawton, Okla.—"When I began to take Lydia E. Pinkham's Vegetable Compound I seemed to be good for nothing. I tired easily and had headaches much of the time and was irregular. I took it again before my little child was born and it did me a wonderful amount of good at that time. I never fail to recommend Lydia E. Pinkham's Vegetable Compound to ailing women because it has done so much for me."—Mrs. A. L. McCASLAND, 509 Have St., Lawton, Okla.

### From a Grateful Massachusetts Woman.

Roxbury, Mass.—"I was suffering from inflammation and was examined by a physician who found that my trouble was caused by a displacement. My symptoms were bearing down pains, backache, and sluggish liver. I tried several kinds of medicine; then I was asked to try Lydia E. Pinkham's Vegetable Compound. It has cured me and I am pleased to be in my usual good health by using it and highly recommend it."—Mrs. B. M. OSGOOD, 1 Haynes Park, Roxbury, Mass.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.



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## ROADS IN CHINA.

They Remind One Very Much of the Snakes in Ireland.

BECAUSE THERE ARE NONE.

What Apologies There Are For Them Are a Great Deal Like the Bed of a Stone Quarry—The Torture That Goes With a Trip in a Peking Cart.

Describing the roads, or, rather, the lack of roads, in China and the torture that is undergone by the tourist who, used to the luxurious modes of travel we may employ, trusts himself to the uncertain joys of a trip in a Peking chair, a writer in the *World Magazine* says:

"Now, a Peking cart is a very venerable mode of progression. When our ancestors were lightly dressed in wool and had no conception of any wheeled vehicle the Chinese lady was paying her calls in the back of a Peking cart, the seat of honor under the tilt, well out of sight of the passers by, while her servant sat in front, the place of comfort, if such a word can be applied to anything pertaining to a Peking cart.

"In spite of its long and aristocratic record it is in any mode of progression more wearying and uncomfortable I have not met it. It is simply a springless board set on a couple of wheels with a wagon tilt of blue cotton over it and a place for heavy luggage behind. The Chinaman sits on the floor and does not seem to mind, but the ordinary westerner, like myself, packs his bedding and all the cushions he can beg or borrow around him and then resigns himself to his fate.

"The Peking cart has one advantage, people will tell you—it has nothing to break in it. But there are moments when it would be a mighty relief if something did break, for if the wood-work holds together as it tosses you from side to side you yourself are one sore, bruised mass. No; I cannot recommend a Peking cart, even on the smoothest road.

"And the roads in China are not smooth. We all know the description of the snakes in Ireland. 'There are none,' and much the same might be said about the roads in China. There are so called roads, certainly, upon which the people move about, but I have seldom met one that was any better than the surrounding country, and very, very often on this journey I met roads where it was ease and luxury to move of them on to the neighboring plowed field.

"The recipe for a road there in the north seems to be: Take a piece of the country that is really too bad to plow or to use for any agricultural purpose whatever, that a mountain torrent, in fact, has given up as too much for the water, upset a stone wall over it—a stone wall with good, large stones in it—take care they never for a moment lie evenly, and you have your road.

"Leaving Peking for the eastern toms, you go for the first two or three hours along a paved way of magnificent proportions planned and laid out as a highway should be. The great stones with which it is paved were probably put there by slave labor, how many hundred years ago I do not know, but the blocks are uneven now, some of them are gone altogether, though how a huge block of stone could possibly disappear passes my understanding, and whenever the cartter could he took the cart down beside the road, where at least the dust made a cushion for the nail studded wheels, and the jarring and the jolting were not quite so terrible.

"It takes as long to get beyond the environs of Peking in a cart as it does to get out of London in a motorcar. First we passed through the Babylonish gate, and the great walls were behind us; then, outside the city, all looking dusty, dirty and khaki colored in the brilliant sunshine, were numerous small houses, and the wayside was lined with booths on which were things for sale.

"Along the roadway came an endless array of people, clad for the most part in blue cotton—men walking, men with loads slung from a bamboo across their shoulders, donkeys laden with baskets or sacks of grain, with fat Chinese on their backs. There were Peking carts, there were mules, there were ponies, and this busy throng is almost the same as it was a couple of thousand years ago.

"But it was a long, long while before I could feel I was really in the country. There was the khaki colored land, there were the khaki colored houses, built of mud apparently, with graceful tiled roofs, and blue clad people everywhere and everywhere at work.

"Always the fields were most beautifully tilled. There were no fences. The Chinese are too civilized to need fences, and when you see stone walls it is only because, since they can't be

dropped off the planet into space, the stones must be disposed of somehow."

Paris For Politeness. Translated rather crudely and literally, this is the notice in a Paris trolley car: "Messieurs! the passengers descending from the carriage are urged literally 'drayed', before renouncing the shelter which the carriage they are about to quit offers them, to assure themselves, as a preliminary, that no carriage coming in the opposite direction is in proximity."

Hope for the best, but work hard for the result.

## THE SECRETARY BIRD.

It Kicks Like a Mule and Can Swallow a Snake Whole.

The rarest and most valuable birds in the New York zoological garden are the strange pair of secretary birds quartered in the ostrich house. "Secretary birds" they are called because of the crest of long dark plumes that rises from the back of their heads, giving them the appearance of a clerk with a bunch of quill feathers behind his ear. It's an aristocratic name, but the thing that makes the secretary bird valuable is not his looks. The natives of South Africa love him because he can kick like a mule.

Toss into his cage a snake, no matter how vicious, and the fight begins immediately. The bird cautiously approaches the snake with wings wide-spread to escape the sudden lunges by flight if necessary. Once, twice, three times perhaps the snake lunges. The bird darts back, waiting his chance. At last it comes, and one of those long, had legs shoots out like the hoof of a mule, landing squarely on the snake's head. It reels and falls back stunned to be knocked out completely by a second blow. And then its victor proceeds to swallow it whole.

In South Africa the birds are regarded as a great protection. They are affectionate mates and always travel together. When pursued they spread their wings and make off over the ground with the speed of a running horse.—Every Week.

## INDIAN SUMMER.

The Term May Have Had Its Origin in the Far East.

The origin of the term "Indian summer," like that of the word "blizzard," has been the subject of much research. It has been traced back only as far as the latter part of the eighteenth century, and it did not become common until after the first decade of the nineteenth.

Many explanations of the name have been offered, all of which assume that the term "Indian" used in this connection refers to the American Indians.

A recent note in the *Monthly Weather Review* calls attention to a totally different use of this term, in which the reference is not to the American Indians, but to East India.

Under the British board of trade regulations one of the load lines marked on ships bears the initials "I. S." this being the maximum depth to which vessels can be loaded for voyages during the "Indian summer"—i. e., the fine season in the Indian seas.

How long has the term "Indian summer" been used in this sense? It is not recorded in any dictionary nor apparently in any work on meteorology. Is it possible that our autumnal Indian summer was so named by sailors or travelers who saw in it a resemblance to the fine weather attending the northeast monsoon in India?

When to Stop Advertising. An English journal requested a number of the largest advertisers to give their opinions concerning the best time to stop advertising, and the following replies were received:

When the population ceases to multiply and the generation that crowded on after you and never heard of you stops coming.

When you have convinced everybody whose life will touch yours that you have better goods and lower prices than he can get anywhere else.

When you stop making fortunes solely through the direct use of this mighty agent.

When younger and fresher houses in your line cease starting up.

When you would rather have your own way and fail than take advice and win.

## BAD STOMACH TROUBLE

Yields to Delicious Vinol

Shreveport, La.—"I had a bad stomach trouble for years and became so weak I could hardly walk or do any work. My appetite was poor, my food would not digest, I bloated and was very weak and nervous. I tried many remedies without help. I saw Vinol advertised and tried it, and now my stomach trouble is completely cured and I am well."—E. L. MARSHALL.

Vinol is guaranteed to tone up the tired, over-taxed and weakened nerves of the stomach and create strength.

Taylor & Son druggist, Watford

## WOMEN OF CANADA.

Fort Coulonge, Quebec.—"I am happy to tell you that your medicine did me wonderful good."



I was troubled with weakness and I tried wines and other things but received very little benefit. I was young at the time and knew very little about medicines till a lady friend came to me with a bottle of Dr. Pierce's Favorite Prescription. I became strong and a year afterward had twins."—Mrs. J. BRADY, Fort Coulonge, Quebec.

Thousands of women right here in Canada who are now blessed with robust health cannot understand why thousands of other women continue to worry and suffer when they can obtain for a trifling sum Dr. Pierce's Favorite Prescription, which will surely and quickly banish all pain, distress and misery and restore the womanly health.

Young mothers who preserve the charms of face and figure in spite of an increasing family and the care of growing children are always to be envied. "Favorite Prescription" gives the strength and health upon which happy motherhood depends. It enables the mother to nourish the infant life depending on her, and enjoy the happiness of watching the development of a perfectly healthy child.

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8 Feb 15

## Addressing of Mail

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- Regimental Number.
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- Name.
- Squadron, Battery or Company.
- Battalion, Regiment, (or other unit) Staff appointment or Department.
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- British Expeditionary Force.
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Unnecessary mention of higher formations, such as brigades, divisions, is strictly forbidden, and causes delay.

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